PROTESTERS PREPARE FOR BUSH VISIT, PG3

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Missing snowmobilers found alive

PREPARED Four Calgary snowmobilers who went missing Sunday near Castle Mountain took the Scouts motto to heart — always be prepared.

All four were found safe yesterday morning.

RCMP say the men, aged 27 to 32, had enough food to last for a couple of days and were equipped with emergency transmitters.

"They did what they needed to do," said Pincher Creek RCMP Const. Doug Sokoloski. "When you venture into that country you always have to prepare for the absolute worst."

Authorities were initially concerned because of heavy snowfall in the area over the past week.

METRO CALGARY

St. Patrick's Day **Grab a pint or two**

ROBIN KUNISKI/FOR METRO CALGARY

Becca Finlay and the staff at the Kilkenny Irish Pub get ready for one of their biggest days of the year, as those in search of the luck o' the Irish will pack city pubs for St. Patrick's Day today.

Alberta's 10-year plan

End to homelessness will take 'change by a lot of people'

KRISTA SYLVESTER
krista.sylvester@metronews.ca

With an estimated $3.3 billion price tag to end provincial homelessness by 2019, a 10-year plan was rolled out yesterday by the Alberta government.

Currently, the cost of just "managing" homeless issues would cost about $6.65 billion over the next 10 years, but the new plan should save taxpayers over $3 billion, the report said.

Patience and change will be vital to the success of the 10-year plan prepared by the Alberta Secretariat for Action on Homelessness, according to chairman Steve Snyder.

"It's going to need change by a lot of people," Snyder said. "It's a lot of change, but it's not earth-shattering change."

Dave Taylor

While the province's two major cities rolled out their own 10-year plans last year, this plan will complement and support those, he added.

Housing and Urban Affairs Minister Yvonne Fritz said the ambitious plan is contingent on five priority areas: Gathering better information, providing assistance, co-ordinating systems, having more housing options and creating more effective policies.

Fritz said the province will oversee the program and provide annual funding, though how much funding won't be determined until the April 7 provincial budget.

Liberal housing critic Dave Taylor said he supports the province's plan and felt a sense of vindication.

"In theory this is a really good plan," Taylor said. "Now we wait for April 7 to see if the money is there in the budget to actually make this happen."

Taylor said the program will also create jobs for the housing and construction sector.

According to a 2006 survey, there were 8,400 homeless in Alberta, but the province estimates that number has grown to 11,000.

VIDEO: Activists still waiting on funding announcement: **metronews.ca**

Group calls for urban chickens

JENNIFER HILLIKER
for Metro Calgary

LIVESTOCK If you can't afford to buy fresh meat in today's economy, one Calgary group has a solution — raise it at home.

The Calgary Liberated Urban Chicken Klub (CLUCK) wants city council to update the Calgary Municipal Code in order to permit the responsible raising of backyard chickens.

"The major benefit of backyard chickens is food security," said Rachel Simpson, who is involved with CLUCK through Calgary Urban Agriculture. "It's pretty key, especially in Calgary right now. Calgary is a little bit lacking as far as how much food we get locally and how much food people grow themselves. The idea of growing your own food develops a pride in your community."

The group is petitioning city council to follow in Vancouver's footsteps, which approved bylaws to legalize the keeping of urban hens on March 5.

They say benefits include the fact that chickens produce a rich fertilizer by-product, they eat table scraps, reducing municipal organic waste, and they produce fresh, healthy eggs.

ShareYourViews
calgaryletters@metronews.ca

Entertainment pg 12

Madonna may adopt again

Riding the **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Entertainment

- **How musicians and labels are experiencing a musical meltdown during the recession, pg 11**

Tomorrow

- **The effect the economy is having on music venues and touring artists.**

TAX TIP #16

You probably don't need to claim your scholarship as income

Income from many scholarships, fellowships, or bursaries received by a student is considered tax-exempt, saving you money on your tax return.

This tax tip brought to you by Alberta's Chartered Accountants.
To see all 56 useful tax tips please visit:
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CA Chartered Accountants of Alberta

The Institute of Chartered Accountants of Alberta provides tax tips on an annual basis as a public service. The tips are intended to be used as general guidance. For specific advice about filing your 2008 tax return, please consult with the Canada Revenue Agency or your personal tax professional.

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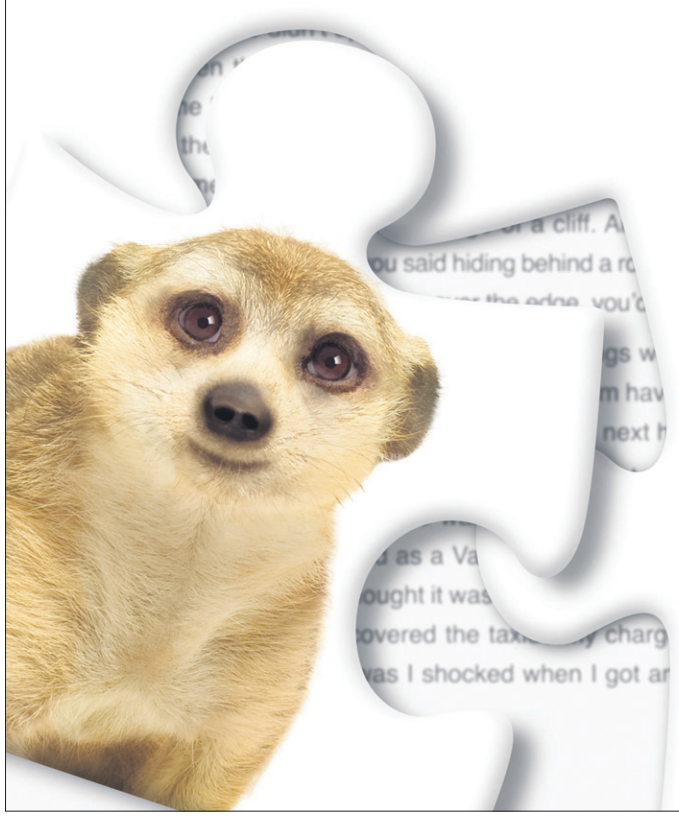

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4949 Barlow Trail SE

Okotoks

181 - 31 Southridge Dr.

118 Elizabeth St.

Strathmore

8 - 55 Wheatland Trail

103 - 331 3rd Ave.

City chucks fine for people who don't shovel their sidewalks
City council scrapped a proposed $250 fine for people who repeatedly fail to clear their sidewalks of snow and ice yesterday. However, people will still have to pay $150 for a cleanup bill if the city has to remove their snow for them. METRO CALGARY

Local

Stewart at Saddledome

Legendary rocker Rod Stewart is coming to the Pengrowth Saddledome on Aug. 14 as part of a limited tour. Tickets for the show will go on sale Friday at 10 a.m. at all Ticketmaster locations or at www.ticketmaster.com for $149, $89 and $49. METRO CALGARY

Researchers find a cat-sized dino

SCIENCE Alberta paleontologists have made a small discovery that's big news.

Nick Longrich of the University of Calgary and Philip Currie of the University of Alberta released findings yesterday of a meat-eating dinosaur smaller than a modern-day housecat.

It's called the Hesperonychus, and it is the smallest dino species found in North America to date. METRO CALGARY

City fines burn fire-pit operators

PENALTIES Fired-up Calgarians will now face fines for breaking the rules.

Yesterday city council voted to finalize new penalties for keeping fire pits running past their curfew of 1 a.m.

Fire-pit operators can also be fined for burning prohibited materials or not supervising their fires. First-time offenders will get a warning, but a second violation costs $500 and a third costs $2,500. METRO CALGARY

metronews.ca
What's online today.

Video Mourners crowd funeral for Newfoundland chopper-crash victims at **metronews.ca/canada**

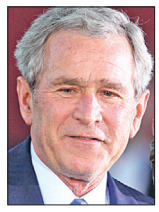
Blogs Kenya Hunt spots "reality-based" fashion in Paris.

Protesters lace up for Bush visit

JENNIFER HILLIKER
for Metro Calgary

Footwear has been sent to Calgary all week from across Canada in preparation for former U.S. president George W. Bush's visit to Calgary today.

An estimated 250 shoes will be thrown at a poster of Bush outside the Telus Convention Centre as he gives his speech inside about what he has learned from eight years in the Oval Office.



George W. Bush

Protesters will pay homage to an incident where an Iraqi journalist threw his shoe at the former president during a press conference in December.

"We're coming together to make sure Bush gets the welcome he deserves," said Collette Lemieux, who is organizing the protest. She expects at least 200 people to show up based on the amount of interest surrounding the Bush visit.

Tickets to his speech were sold for $400 each, available exclusively by invitation.

Local activist Grant Neufeld said he felt disgust when he heard the former president would be visiting his city.

"This is a fellow who has pretty credible evidence for war crimes against him. Under Canadian law, he shouldn't even be allowed in the country. But there is a strong hold of neo-conservatism in Calgary — it's certainly the city that would be the friendliest to him," he said.

The Calgary Chamber of Commerce had a part in organizing the speech, which will kick off Bush's unofficial image-rehabilitation tour.

"This is one of the many heads of government who really have been trying to do the best they can in what I would characterize as one of the most difficult times in recent history," said Geoff Pradella, vice-president of the Calgary Chamber of Commerce.

Who wrote the book of love? It's a Calgary mom and daughter

WRITING Nicole Shackell and her mom, Laura Pierce, believe there is no age limit on finding true love.

After coming to that realization, the Calgary women found love stories from people aged nine to 90 and are now compiling a book of 50 stories and poems about finding true love for the first time.

"We are doing this book first because both my mom and I have found our true loves," said Shackell. "We think that love is losing its meaning as the years go on."

The pair are halfway done, with 25 stories submitted. After this book is finished they want to continue the series with ideas like "the first time I defeated cancer," or "the first time I recovered from a drug addiction."

"Our book will show everyone out there that at any age, you can still do things for the first time ever," Shackell said.

ROBIN KUNISKI / FOR METRO CALGARY

Nicole Shackell, left, and her mom Laura Pierce are compiling inspirational true-love stories for a book they hope to have published.

The mother-daughter duo said they work together well and both have the drive and creativity to move forward with the project.

To submit a story, email nicole_656@hotmail.com.

JENNIFER HILLIKER/
FOR METRO CALGARY

City may waive transit parking charge on evenings, weekends

VOTE City council voted yesterday to explore eliminating a $3 parking fee at C-Train stations on weekends and after 6 p.m. on weekdays.

The 11-4 vote came just hours after disgruntled Park and Ride users had to pay for parking for the first time at three city transit parking locations.

Ald. Andre Chabot supported the move to ask administration to create a report looking into how $1.5 million in lost revenue could be made up.

While transit parking-lot user Crystal Watts said she supports the move for free evenings and weekends, she said it won't help her.

"I use the parking lots during the day to get to work and back, that's it," she said. METRO CALGARY

VIDEO: Annoyances mount for commuters in wake of new fee at: **metronews.ca**

Driver says he drank by accident

TRIAL A cement driver charged with killing five people in a 2007 collision testified yesterday he accidentally drank vodka after the crash.

Daniel Tschetter said after he hit the car he was thirsty, so he reached for a drink under the seat but realized it was vodka. That's when he said he panicked and put the bottle in the drum of the truck .

Earlier he told the judge-only courtroom he was weaving in and out of traffic because he was checking the air pressure gauges. Closing arguments are scheduled for this morning. METRO CALGARY

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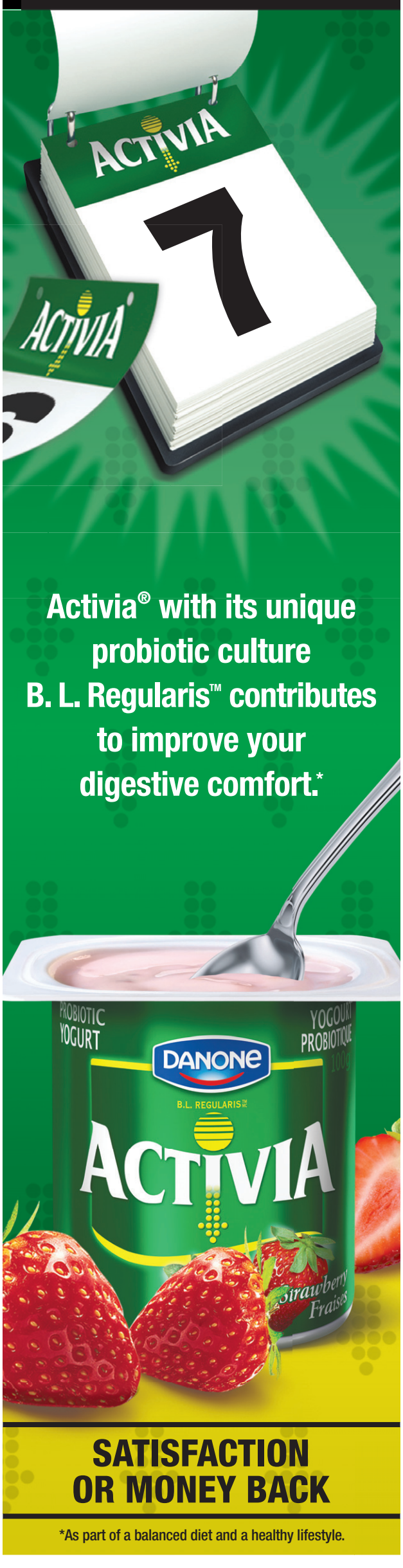

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4 **Free funeral idea dies after media frenzy**
A New York funeral director hoping to barter a free funeral for construction work on his patio was forced to scrap the idea due to the media frenzy that followed. Peter Dohanich, 51, posted an ad for the exchange on Craigslist last week. REUTERS

Canada/World

Toronto **Tamil protest**

MARK BLINCH/REUTERS

Tamil demonstrator Surendran Mahendran protests against the political turmoil in Sri Lanka yesterday on a downtown street in Toronto. The protest was expected to draw tens of thousands of people. The Ontario capital is home to roughly 250,000 Tamils, the largest population outside of Sri Lanka.

Tories set to bypass green assessments

STIMULUS The federal government has given itself the power to decide whether infrastructure projects aimed at stimulating the economy are subject to environmental assessment, a top minister said yesterday.

The move is aimed at streamlining approvals for $12 billion of public spending being planned to kick-start the country's flagging economy, Environment Minister Jim Prentice said.

Word of the policy, which also involves delegating some assessment decisions to the provinces, had already angered environmental groups. It comes into force immediately. REUTERS

Deciders
- The federal cabinet will make the final calls on whether projects will have to undergo environmental assesments.

Halifax bus driver suspended for clubbing toy seal at seal-hunt protest

DISCIPLINE A Halifax bus driver has been relieved of his duties pending an investigation after he ran out of his bus Saturday afternoon to club a fake baby seal in front of stunned protesters.

Metro Transit general manager Pat Soanes held a press conference yesterday in Halifax and called the incident "unacceptable" and said the man is no longer allowed to operate a bus. He will be on paid leave until his final punishment is determined.

According to a passenger on the bus, the driver had been joking about how bus drivers were getting a bad rap recently. Moments later he drove by a seal-hunt protest. According to the witness, the driver stopped the bus, ran across the street and began clubbing a fake baby seal with a baton as baffled protesters looked on. The driver then returned to the bus and continued his route. METRO CANADA

News in brief

CHOPPER CRASH Nine bodies pulled from the wreckage of downed helicopter off the coast of Newfoundland were returned to shore yesterday. The body of 26-year-old Allison Maher was recovered shortly after the crash. A lone survivor, Robert Decker, 30, remains in hospital in critical but stable condition.

OILSANDS A fish that made a stir last year with an apparent mutation that critics of Alberta's oilsands industry blamed on pollution was not mutated at all, a scientist said yesterday. The goldeye had a stiffened tongue, not two jaws, as was first suspected. METRO NEWS SERVICES

Man admits incest, rape

An Austrian man who fathered seven children with a daughter he held in a cellar for 24 years pleaded guilty to incest yesterday but denied murdering their newborn son and enslaving her.

Wearing a mismatched grey suit, Josef Fritzl, 73, entered court in St. Poelten, near Vienna, flanked by six policemen and concealing his face behind a blue loose-leaf binder.

He later lowered the folder and, with his back to the gallery, spoke softly, sometimes mumbling in response to questions about personal details and his plea. Fritzl looked straight ahead or at his lawyer, not at the jury or prosecutor.

Prosecutors accused Fritzl of raping his daughter in front of captive children. They said Fritzl, who faces life in prison if convicted, was responsible for the death of a twin who died shortly after being born in the cellar in 1996.

They said this was murder by neglect because Fritzl failed to seek help for the baby, whose body he burnt in a furnace. REUTERS

Prison time
- If convicted of murder, Fritzl could receive a life sentence or up to 15 years in prison.
- Defence lawyer Rudolf Mayer said Fritzl expected to spend the rest of his life locked up, probably in a mental institution.

Iran **Remembering war**

MORTEZA NIKOUBAZL/REUTERS

Iranian women stand next to an anti-aircraft gun during their visit to a war memorial site near the Iraqi border, southwest of Tehran in Khoozestan province yesterday. Iranians visit the main battlegrounds during the last week of the Iranian calendar to remember martyrs who died in the Iran-Iraq war.

News in brief

ELECTION El Salvador's president-elect Mauricio Funes said he wants strong relations with Washington after his party of ex-Marxist guerrillas ousted their right-wing civil-war foes in a tight election victory.

CHARGES Prosecutors may charge the father of a German teen who went on a killing rampage last week with involuntary manslaughter for leaving a weapon unlocked in his bedroom despite knowing his son was depressed.

BAILOUT U.S. President Barack Obama told Treasury Secretary Timothy Geithner to take all legal measures to block bonuses for employees of AIG , which received up to $180 billion US in bailout money, a White House adviser said.

CYBER CRIME A Nigerian undergraduate has been sentenced to 19 years in prison for obtaining $47,000 US from a woman by convincing her over the Internet that he was in love with her. REUTERS

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Comment & Views

Comment

Tories help to keep media going right

NationalReport

It's CBC bashing time again. The government, while doling out cash to every interest group imaginable, is cutting back on funding for the public broadcaster. Our media, which is largely conservative, is bashing the CBC for being biased, while ignoring their own bias. Online posters are berating the public net for being either too lowbrow or too highbrow or too Toronto. Many would like to see it killed off.

Meanwhile, the other networks, the private ones, aren't doing too well either. CanWest Global, from which a lot of the criticism of the CBC emanates, is staggering under a mammoth debt load. It will be lucky to survive. CTV has been posting huge losses.

In these woeful media times we have three wobbly networks. Critics can find myriad faults at each. They can find political bias, they can find pitiful programming, they can find no shortage of dumb management decisions.

But being the public enterprise, the CBC gets the wrath and what is dismaying, as one online poster put it, is that so many "would advocate the demise of the CBC and see Canada become a third–rate American satellite when it comes to entertainment, culture and identity."

The private commercial networks, by definition, cater to base tastes. They'll put out whatever schlock attracts audiences and advertisers. Public broadcasters, which, in most countries, get far more government dollars than the CBC, are needed for obvious reasons — a counterweight to dumbing down being one of them.

Much criticism of the CBC is justified, including its importation of American programming. But a political agenda figures behind many of the attacks as well.

The right, notwithstanding the drubbing its ideology has taken in recent times, has gained the upper hand in the Canadian media.

The two large newspaper chains, CanWest and the Sun chain, are conservative. One national newspaper, The Globe and Mail, is centrist, while the other, The National Post, is conservative.

The national magazine, Maclean's, is run by a conservative.

CTV and Global are hardly liberal. AM radio tends to be dominated by right-wing talk jocks.

The Canadian political culture is of the moderate centre, traditionally a bit centre-left.

But the media culture has moved to the right of the political culture. Conservatives want to move it further in that direction. To diminish the weight of the CBC and gain even more media influence is in their interests.

Whether it is in the interests of the country is another story.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Business writing lacks vital nutrients

InBusiness

Warren Buffett may not be God, but he's about the closest thing we have to an economic Moses, and if he starts throwing tablets around, people pay attention.

So when he happened to mention in a recent interview that the economy had "fallen off a cliff" all hell broke loose in the stock market. That his remarks coincided with a World Bank report predicting a global contraction only abetted the heavy selling.

A Bloomberg news article that reported Buffett's remarks threw in other experts' comments about "very volatile markets" and the fact that "uncertainty reigns."

A companion piece quoted University of California, Berkeley economic Prof. Barry Eichengreen saying that "we are tracking 1929-30," while Moody's chief economist Mark Zandi noted, "This (economy) is going to scar the collective psyche."

These are parlous times, and even Buffett has fallen prey to business journalism's increasing sensationalism.

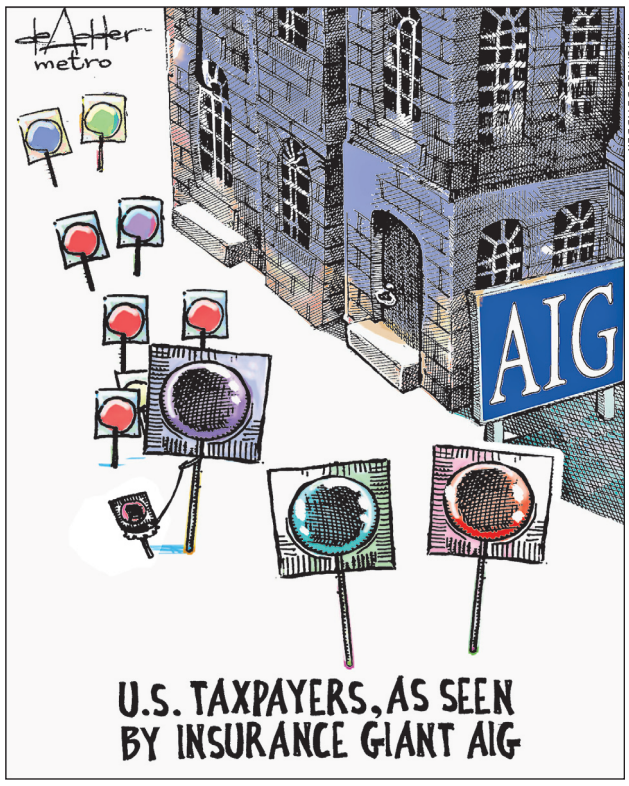
For every thoughtful voice like The New Yorker's James Surowiecki, there are multiple blusterers like CNBC's Jim Cramer, who generate more noise than intelligent content.

The headline from a late-February Globe and Mail interview with historian Niall Ferguson about his dismal financial predictions captures the style: "There will be blood."

Well, business news, like any other form, is supposed to be punchy and gripping, otherwise who would care? But these days, consumers of information really need depth and perspective. To get it, they need to consult as many sources as possible, and preferably those with an established record.

And by all means, read stories all the way through. Several paragraphs after noting the economy was over the edge, Buffett also observed that financial institutions shouldn't be so highly leveraged in the future, that Americans should wean themselves off excessive debt, and that, yes, there will be a recovery, likely with inflationary consequences.

Reasonable conclusions all.



MICHAEL DE ADDER

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6

Rogers to name Mohamed next CEO: Report
Rogers Communications Inc. has decided to name Nadir Mohamed chief executive officer, the Globe and Mail reported. The decision, which has been finalized internally, could possibly be made public in a week or two, the paper said. **REUTERS**

Business

OIL
$47.35 US
$1.10

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Home resales rise, prices drop

FEBRUARY Sales of existing homes in Canada rose in February from January, the first month-on-month rise since September, but prices dropped sharply, the Canadian Real Estate Association said yesterday.

Nationally, 28,669 homes were sold in February, up 8.6 per cent from the month before on a seasonally adjusted basis.

But the average home price fell 9.2 per cent to $281,972 from $310,379 a year earlier.

On a year-over-year basis, sales were down 31 per cent in February. That was the smallest year-over-year decline since October, the association said.

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Data shows downturn

Manufacturing slows while household wealth falls 4.4%

Canadian industries ran at a slower rate than predicted and household wealth suffered its biggest drop on record in the last quarter of 2008, according to the latest in a string of gloomy data showing the depth of the economy's downturn.

The capacity utilization rate — the ratio of an industry's actual output to its potential output — hit a record low of 74.7 per cent in the last quarter, pulled down by weak domestic and foreign demand for manufactured goods, Statistics Canada said yesterday.

The rate was worse than the 75.3 per cent predicted by analysts, who have often been too optimistic when forecasting how badly the economic crisis is affecting Canada.

Separately yesterday, StatsCan said Canadian net household worth dropped by a record 4.4 per cent to $165,300 in the fourth quarter of 2008, pushed down by the sharp decline in stock market prices.

It was also noted that the decline was not as severe as in the United States, where household net worth fell by nine per cent in the fourth quarter.

"Our net worth is not shrinking as fast as the U.S. net worth ... but it means less wealth this year for Canadians."
Sal Guatieri, economist

"Our net worth is not shrinking as fast as the U.S. net worth, largely because our house prices are not falling as fast as U.S. prices ... but it means less wealth this year for Canadians," said Sal Guatieri, senior economist at BMO Capital Markets.

REUTERS

Business in brief

MARKETS Optimism over some semblance of stability in banking shares lifted stocks around the world for a fifth straight session yesterday, and took the wind out of a safety bid that had been driving gold, bonds and the dollar. The euro hit a five-week high against the U.S. currency, while gold slipped more than one per cent.

ENERGY Enbridge Inc. said yesterday it has agreed to sell its stake in a Colombian oil pipeline to Ecopetrol for $400 million US, raising cash to fund expansion of its North American pipeline network. **REUTERS**

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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SmartCookies

metronews.ca/smartcookies

Three-quarters of Canadians aged 18 to 29 review their banking or other financial statements monthly, according to a recent survey put out by the Financial Consumer Agency of Canada.

Those who do not review their statements each month gave a number of reasons why — among them the fact that they were just "too lazy."

Laziness and lack of interest when it comes to your bills could be costing you hundreds, if not thousands, of dollars every year.

Make it a must to look at every monthly bill, whether paper or electronic, even you just have a quick scan.

After doing this in the early days of our money group, one of the Smart Cookies realized she was paying a monthly fee for what was essentially credit card insurance. You too might have been sold on this type of insurance when you first received your card.

This type of insurance is designed to protect you from outstanding credit card debt in the event of job loss, disability, critical illness or death. Now, some people may certainly benefit from this type of insurance. Our Cookie, however, certainly did not.

What's worse, she realized that over the years she had actually paid out just under $2,000 for this service. Had she not scrutinized her bills, she would still be giving this money away every month.

Phone bills are also notorious for having mistakes. Whether it's double charging for text messaging, charging for services that should be free, or calls you didn't make, a once-over will usually result in your finding an extra charge. And yes, you might look and say it's only a few dollars here and there, but all those little charges add up.

Almost everyone has online banking these days. It's a quick and easy way to review your bills.

And for the bills that come in to you through mail, it's important to have a designated spot for these documents. Being organized helps you pay them on time.

Visit the forum at smartcookies.com for more on creative ways to cut your bills. Questions for the Smart Cookies can be emailed to smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

On the web

Money Matters:
- Henry Choo Chong advises readers about eligible expenses for tax deductions when moving residences. To read the column, visit metronews.ca/moneymatters

Investing:
- Allan Small investigates when this bear market will turn into a bull market. To read the column, visit metronews.ca/investing

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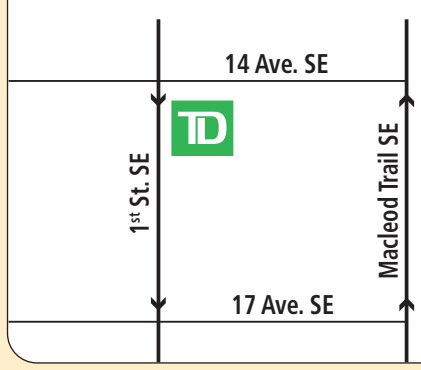

1 To receive a 9" digital photo frame, customer is required to close their main personal or business chequing account at another financial institution and transfer it by May 1, 2009 to a new or existing eligible chequing account at TD Canada Trust using EasySwitch. For personal customers, the TD Canada Trust account must also be set up with at least one direct deposit or two pre-authorized payments (can be new or existing). Limit one free gift per personal or small business customer. Joint account is eligible for one gift only. Personal customer must be 19 years of age or older. All conditions of the offer must be completed by May 29, 2009 to qualify for the free gift. Cannot be used in conjunction with any other offer. TD Canada Trust reserves the right to extend or withdraw this offer at any time without notice. Other conditions may apply.

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Timely advice to help you save on your borrowing.
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Newly announced tax credits benefit home purchase and renovation.
The Federal Government has announced tax credits that will deliver substantial savings to consumers looking to purchase or renovate. These include a $750 tax credit for first-time home buyers and a temporary Home Renovation Tax Credit of up to $1,350 on eligible renovations.

Time-limited borrowing offers:
1. $500 cash back for first-time home buyers
2. Waived Set-Up Service Fee on CIBC Home Power line of credit
3. Waived first year annual fee on CIBC Dividend Platinum Visa card

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3. Save with the annual fee waived[4] for the first year on a new CIBC Dividend Platinum® Visa™[1] card (branch only). Plus, get more out of your credit card spending with up to 2% cash back[5] on your card purchases.

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Jokinen second star
New Flames centre Olli Jokinen was named NHL's second star of the week yesterday, behind New Jersey Devils goalie Martin Brodeur. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Getting them going

RAF BRUSILOW
for Metro Canada

RAF BRUSILOW/FOR METRO CANADA

Ten-year old Michael Wood takes a shot as Cassie Campbell looks on in Toronto recently.

Olympic gold medalist and celebrated hockey personality Cassie Campbell wants to make sure the next generation of kids gets the same opportunities to play sports she did.

The big-hearted star, famous for captaining the Canadian women's hockey team to gold medal wins in the 2002 and 2006 Winter Olympics, was in Toronto recently to raise money for organized sports programs for kids.

Campbell hit the ice with kids including the girls' hockey team from a local school to conduct a hockey skills clinic and kick off fundraising for Canadian Tire JumpStart, a program which raises money to allow kids in financial need an opportunity to participate in organized sports.

For Campbell, giving kids an equal opportunity to excel in sports is something she strongly believes in.

"This program is exciting for me on a personal level. I can't imagine not having been able to play sports growing up and it's a shame for a child to not have that chance," Campbell said.

At the fundraiser event, kids shared the ice with Campbell to practice their stick-handling and skating skills and Campbell later signed autographs for everyone.

Dan Thompson, president of the Canadian Tire Foundation for Families which created the program, says the ultimate goal of JumpStart is to use sports like hockey to teach kids how to be successful in life while staying healthy.

"Physical activity should be a staple for every young child. With team sports, kids learn how to work together as a basis for life skills — that's the real value of the program," Thompson said.

Seeing more girls hit the ice is rewarding for Campbell.

"When I was starting out we didn't have high school programs for girls. Now the sport has just grown so much. It's exciting," she said.

Grandi retires for a second time

SKIING Veteran Canadian skier Thomas Grandi retired from ski racing for the second time in two years yesterday. The 36-year-old from Canmore announced that he will not continue racing to the 2010 Vancouver Games, just over eight months after saying it was the Olympics that had brought him out of retirement. Grandi's wife Sara Renner is an Olympic silver medallist in cross-country skiing.

METRO NEWS SERVICES

For a printable NCAA March Madness bracket, visit metronews.ca/sports

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Hitmen dole out hardware

LAURENCE HEINEN
for Metro Calgary

WHL One day after setting a franchise record for most points in a season, the Calgary Hitmen doled out a host of awards at their annual awards banquet.

After beating the Lethbridge Hurricanes 6-2 Sunday in their final regular season game, the Hitmen finished the campaign with a 59-9-3-1 record for 122 points to finish first overall in the Western Hockey League.

"It's absolutely unreal for the team to put up this kind of season," said Paul Postma, who had three points Sunday to finish with 84 points and tie Matt Kinch's club record for points in a season by a defenceman.

"It's something that I'm sure all of us will remember for the rest of our lives."

For the second time in Hitmen history, two players finished with more than 100 points as forwards Brandon Kozun (40 goals, 68 assists) and Brett Sonne (48 goals, 52 assists) reached the milestone. For their efforts, Kozun and Sonne were selected as co-winners of the Petro-Canada Player of the Year Award. Sonne was also presented with the Remax 3 Star Award, while Postma took home the Husky Energy Top Defenceman Award.

Post it
• Paul Postma broke Matt Kinch's club record of 84 points by a defenceman.

Goalie Martin Jones, who finished with a stellar 45-5-4 record to set a new franchise record for wins in a season, won the Booster Club Fan Favourite Award.

The Hitmen will open up the first round of the playoffs Thursday at the Pengrowth Saddledome (7 p.m.) against either the Prince Albert Raiders or Edmonton Oil Kings. Prince Albert hosts a tie-breaking game to determine the opponent tonight.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Soluble: Your other fibre friend

Those who struggle with genetically high cholesterol need both types

JANINE FALCON
for Metro Canada

Brenda Strong is a long-time vegetarian and yoga instructor (an actress too — she is Mary-Alice Young on Desperate Housewives). Given her healthy lifestyle, Strong was shocked when a checkup revealed elevated cholesterol levels.

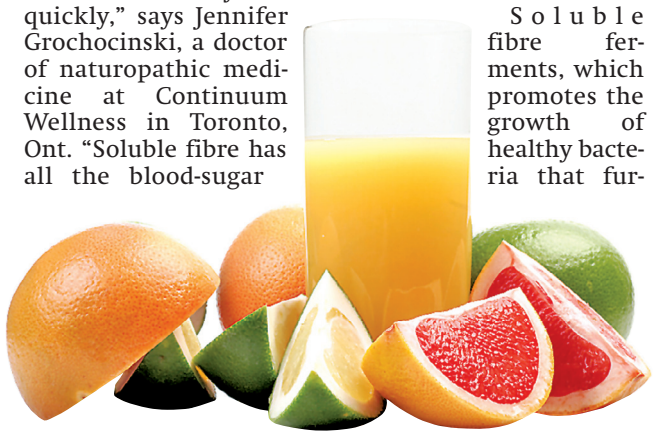
"My doctor told me to cut out red meat and start exercising, but I was already on top of all that," she says.

Turns out a fibre supplement was the solution to Strong's health dilemma. In 30 days of regular use, her cholesterol readings dropped significantly. But why? Because the supplement is a source of psyllium, a soluble fibre. Yup. Soluble.

A survey by Metamucil and Ipsos Reid suggests that 96 per cent of Canadians know that fibre is part of a healthy diet — but only 49 per cent know exactly what and how much fibre they need. Most people think they need bran and maybe some broccoli. Few, however, including those like Strong who struggle with genetically high cholesterol, know we need two types of fibre: insoluble and soluble.

"My doctor told me to cut out red meat and start excercising, but I was already on top of all that."
Brenda Strong, actress, vegetarian and yoga instructor

"Insoluble is bulk or roughage. Largely indigestible, it ushers food through the intestinal tract efficiently and quickly," says Jennifer Grochocinski, a doctor of naturopathic medicine at Continuum Wellness in Toronto, Ont. "Soluble fibre has all the blood-sugar and cholesterol-lowering properties," she says. "Combined with water it forms a gel, which helps slow digestion, so you feel fuller longer, and gives your system time to absorb nutrients."

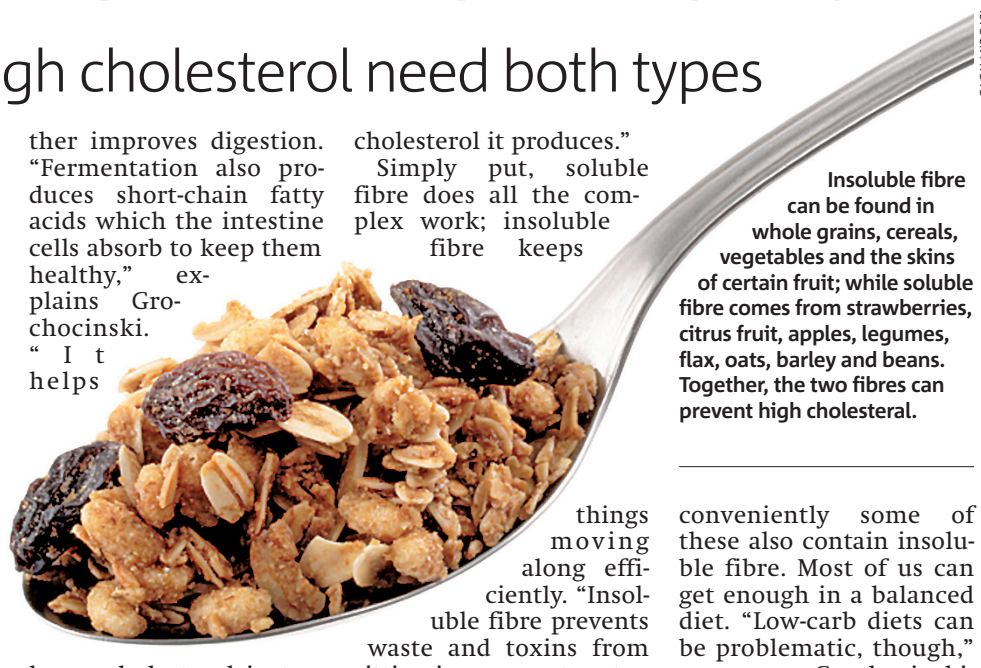


Soluble fibre ferments, which promotes the growth of healthy bacteria that further improves digestion. "Fermentation also produces short-chain fatty acids which the intestine cells absorb to keep them healthy," explains Grochocinski. "It helps lower cholesterol in two ways: 1) It grabs cholesterol that is released into your digestive tract with your bile and helps to transport it from your body through your bowel movements, and 2) one of the short chain fatty acids produced from the fermentation tells the liver to decrease the amount of cholesterol it produces."

Simply put, soluble fibre does all the complex work; insoluble fibre keeps things moving along efficiently. "Insoluble fibre prevents waste and toxins from sitting in your system too long," adds Grochocinski. "You don't want the body to absorb that stuff."

We find insoluble fibre in whole grains, cereals, vegetables and the skin of certain fruit. We can get soluble in strawberries, apples, citrus fruit, legumes, flax, oats, psyllium, barley and beans — conveniently some of these also contain insoluble fibre. Most of us can get enough in a balanced diet. "Low-carb diets can be problematic, though," warns Grochocinski. "Fibre is a carbohydrate, but it's a good one." And FYI, a balanced high-fibre diet helps control weight.

Unless we want to bloat or get gassy, we need to up intake slowly and drink two litres of water per day (try herbal or green tea if water doesn't appeal).



ISTOCK PHOTO

Insoluble fibre can be found in whole grains, cereals, vegetables and the skins of certain fruit; while soluble fibre comes from strawberries, citrus fruit, apples, legumes, flax, oats, barley and beans. Together, the two fibres can prevent high cholesteral.

Supplements

• Do we need fibre supplements such as Metamucil or Benefiber? "If you're dealing with a medical condition, you need something with a therapeutic dosage higher than you can get through a good diet," says Jennifer Grochocinski, a doctor of naturopathic medicine at Continuum Wellness in Toronto, Ont. "But most of the time, I just have patients add a tablespoon or two of freshly ground flax seed to their diet — cheap and effective."

JANINE FALCON/ FOR METRO CANADA

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Customer Testimonial - I 'd heard about Morning Rise & Shine from a friend who said it gave her that needed edge so I tried it and now it's a part of my morning ritual!
G. Solomon - Winnipeg MB

Created by
RoseMarie Pierce, B.Sc.Pharm, Holistic Pharmacist
RoseMarie is a highly respected lecturer, writer, and media personality within the natural health industry.

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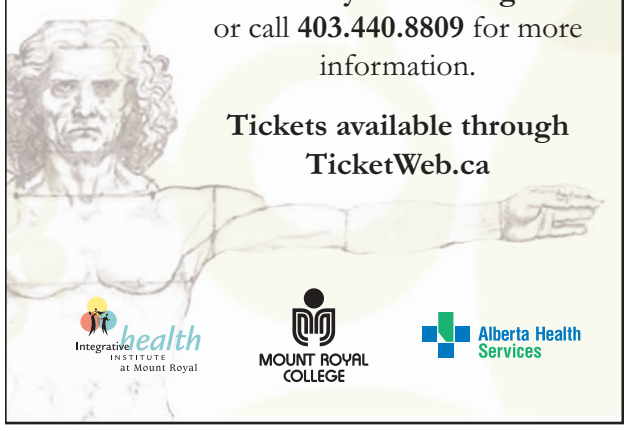

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Periods: Out of the closet

Every woman I know has her "first-period" story. I remember coming home from school the day I got mine. I was a bit of a tomboy and everyone in our "group" expected me to get it last. My best friend Kelli got it first, no surprise, she already had boobs and hips in grade seven. I told my Mom after supper, while doing the dishes. "Guess what happened to me today," I said, brimming with the excitement of proof that I really was a girl after all. "I got my period!"

"I don't get mine, anymore." After her eighth kid (me) her doctor had insisted on a hysterectomy. "You'll have to talk to your sister."

"Oh," I replied, that sinking feeling creeping right down into my now apparently fertile loins; I suddenly didn't feel so smug about my stained underwear.

My sister handed me a super-monster-jumbo tampon and left the room. I managed to get it in about halfway and spent the night uncomfortably shifting my butt around wondering what I'd been so excited about.

In the recently released My Little Red Book, 18-year-old editor Rachel Kauder Nalebuff compiles 92 short stories by women about their first period.

It's about time our "little friend," "Aunt Flo" or whatever favourite euphemistic name you were taught to give your period came out of the closet.

It's shocking really, that this thing that we put up with once a month for more than half of our lives (seven days X 12 months X 40 years = a lot) is still so taboo.

ISTOCK PHOTO

Why do many of us still consider menstruation a taboo topic, asks our columnist.

We may have come a little way from the days of viewing menstruating women as unclean or ill and the belief that menstrual blood was dangerous, unlucky and dirty. But I don't know how many times my moods or reactions have been written off because "it must be that time of the month" or how many times, when I'm really experiencing "that time of the month" in a bad way, I have been made to feel like I've got a convenient excuse.

I wish we'd learn to celebrate menarche, as some cultures do. A friend of mine's 10-year-old has decided she wants to have a "period party." She's already working on the guest list. I like that.

One last gripe. Who came up with the term "feminine protection" anyway? No doubt, the same people who come up with the brand names. Satin Touch? I mean, really, it makes having your period sound almost orgasmic.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Twins for Sheen
Two and a Half Men star Charlie Sheen and wife Brooke Mueller Sheen welcomed twin boys Saturday night. The children, named Max and Bob, are the first for the couple, who married in May 2008. **PEOPLE.COM**

Entertainment

Rescue Mission

Eonline.com is reporting that G.I. Joe star Channing Tatum may be rescuing pop star Rihanna in a new version of the Whitney Houston film The Bodyguard.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Music meltdown

Artists, labels feeling pinch of recession

BRYAN BORZYKOWSKI
for Metro Canada

"I'm feeling this depression," said Montreal and New York-based musician Martha Wainwright in December, before embarking on a Canadian tour.

"No one's buying records anymore; we'll have to go back to the life of a touring artist in the '30s, where they'd sleep upright on a school bus and go from town to town."

While Wainwright might be joking about the school bus, she's dead serious about the pain the recession is causing her, and the entire music industry in general. CD sales have been dropping for years now — Canadian physical sales declined 8.5 per cent in 2008 — but with more and more music fans tightening their belts, this economic downturn could spell the end of the traditional music industry as we know it.

"The recession will accelerate the demise of physical retail and it may increase peer-to-peer traffic," says New York-based analyst Aram Sinnreich. "File sharing is for people who have more time than money."

"Unfortunately, you'll see a lot more economic decisions as opposed to artistic decisions," adds Graham Stairs, vice-president of Toronto's Finkelstein Management.

That means many bands will be left in the lurch as major labels choose to go after the sure economic bet. Stairs says one way the big labels will try to stay afloat is by reissuing albums and encouraging their already successful bands to stick to their tried and true formulas. Another way the majors will attempt to get the most bang for their bucks is by signing artists to "360 deals," a contract which gives the label a portion of CD and ticket sales, merchandise, and whatever else makes a band money.

"You'll see a lot more economic decisions as opposed to artistic decisions."
Graham Stairs, Finkelstein Management

PHOTO: HANDOUT

Musician Martha Wainwright is dead serious about the pain the recession is causing artists like her.

"The legacy businesses are going to have to reorganize around the new reality," says Sinnreich. "They'll focus on business-to-business models, converting legacy contracts to 360 deals coordinating between distribution, marketing, tech, and legal to a degree they haven't in the past."

Indie labels don't have the resources to sign artists to multi-million deals, but what they do have is an entrepreneurial spirit that's key in any economic downturn. Stairs says many Canadian labels have had to be "mean and lean" in pre-recession days, so they're already prepared to operate on a thin budget.

Riding the Recession

Sinnreich agrees that indies are well positioned to survive a recession. "They're not stuck inside of a blockbuster economy, spending millions to make millions," he says.

Still, indie bands and labels are suffering. Stairs says that he recently had a deal fall through for one of his artists after the U.S. label president told him, "I'm taking the deal off because of the economy."

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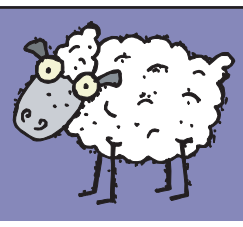

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Madge may adopt again

Pop star Madonna has said she may adopt another child from the poor southern African country of Malawi despite the controversy surrounding an earlier adoption.

Critics accused the government of skirting laws that ban non-residents from adopting children in Malawi, which has been badly hit by the AIDS epidemic, after Madonna took on David Banda.

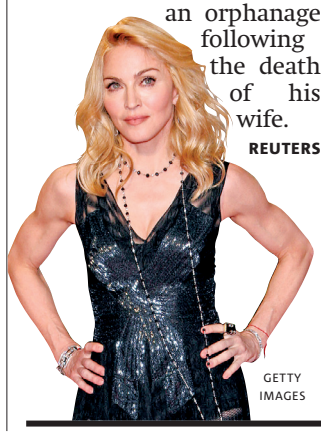
"Many people — especially our Malawian friends — say that David should have a Malawian brother or sister," she said in response to emailed questions from Malawi's the Nation newspaper.

"It's something I have been considering, but would only do, if I had the support of the Malawian people and the Government."

A Malawian court approved the adoption of David last year.

Madonna has said the controversy had been difficult to deal with but she was happy to be involved in a case that might pave the way for more adoptions in Malawi. An estimated one million children in the country have been orphaned by AIDS.

Madonna, who began adoption proceedings in 2006, took David when he was 13-months-old after his father had placed him in an orphanage following the death of his wife.



REUTERS

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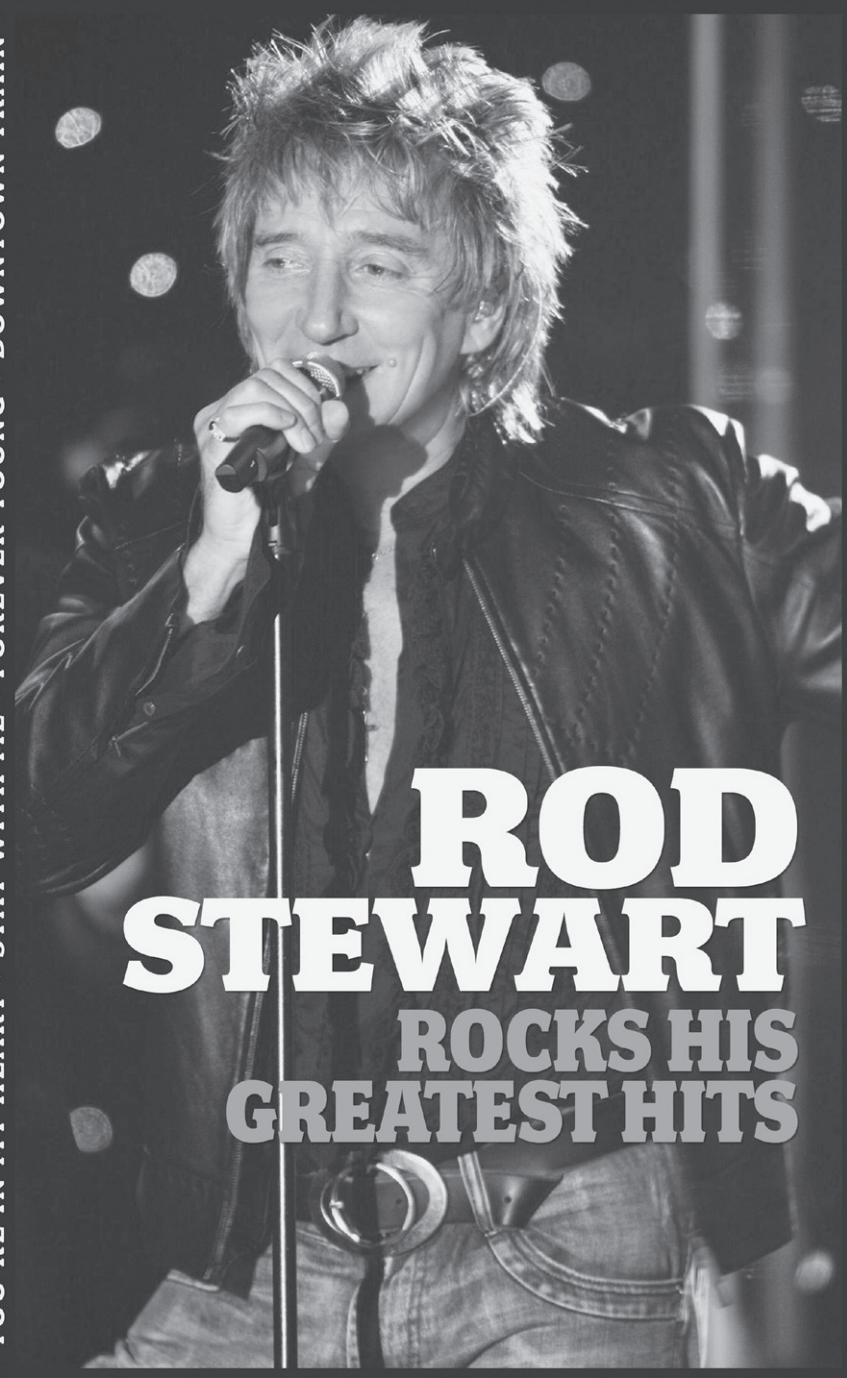

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Crowning the Next Great PM

Panel of former prime ministers will pick winner tomorrow night

JON TATTRIE
for Metro Canada

The competition to be named Canada's Next Great Prime Minister has come down to the final four.

Alex Trebek will host a panel of former prime ministers Kim Campbell, Joe Clark, Paul Martin and Brian Mulroney on CBC TV tomorrow night.

Along with the studio audience, they will decide who is named winner: Calgary's Amy Robichaud, Toronto's David Suk, Montreal's Gabriel Bran Lopez or Robert Marsh of Dartmouth, N.S. The four survived a political boot camp of media scrums, debates and mock Canada-U.S. conflicts to earn a spot in the final.

"Boot camp was an amazing experience," said Robichaud, who's in her fourth year studying political science and public administration at the University of Ottawa. "Brian Mulroney is a huge person — physically and intellectually. (The four) just exude leadership. It was intimidating, but also inspiring."

The 21-year-old loved the pressure of the competition. "There's no more noble calling than to represent the interests of the people," Robichaud said. She wasn't put off by the rougher side of politics. "I admire those individuals who have dedicated their lives to being dragged through the mud on behalf of Canadians."

Suk, a masters student in public policy at the University of Toronto, described it as "a ton of fun."

The 23-year-old praised the passion and optimism of his competitors. "We would spend a lot of time getting to know each other and become good friends, but then go back to the room for a debate, and the gloves would come off."

He was surprised at the intensity of the process. "I tend (to) have a pretty steady keel under pressure, but I will admit that in this competition, the pressure got to me. It was tough."

On TV

• Canada's Next Great Prime Minister airs tomorrow night on CBC TV. Check local listings for times.

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CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/17/09 primetime	267	351	- ACCESS	Alberta Primetime (Live)		Without a Trace (N)		Smallville		Supernanny		Primetime
	243	317	3 CFCN	etalk	Hollywood	Law & Order: SVU		American Idol (HDTV) Finalists compete.				News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars		Dancing With the Stars		Primetime: You
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 (HDTV)		NCIS "Knockout" (N)		Project Runway Canada		News Hour
	246	-	8 CKAL	Law & Order: SVU		Primetime: What Would		Privileged		Scrubs	Friends	Your City
	119	705	9 CBXFT	Virginie (SC)	La Facture	Providence (N) (SC)		René - Le Destin d'un chef		Le Téléjournal et Les Nou		Le Galala
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		NCIS "Knockout" (N)		The Mentalist (HDTV) (N)		Without Trace
	-	374	14 KSPS	NewsHour With Jim Lehrer		Smart Travels	Steves Europe	Hope and Praise		Frank Patterson-America		Ireland: Roads
	502	390	15 CBC	CBC News: The National		Homo Toxicus		CBC News: The National		CBC News: The National		Homo Toxicus
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)				Law/Ord SVU
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) Finalists compete.				News (N)
	297	652	37 WPIX	90210 (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Bring Wall St
news	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	NHL Hockey		NHL Hockey Dallas Stars at Vancouver Canucks. (HDTV) (Live)					SportsCentre	Billiards
	408	418	27 net	Baseball: World Classic		NHL Hockey St. Louis Blues at Edmonton Oilers. (HDTV) (Live)					Sportsnet Con.	Baseball
	410	403	30 SCORE	College Basketball		Score Tonight		Hardcore Hockey Talk		Poker 888.com UK Open.		Final Score
	411	457	44 OLN	Mantracker		Dog the Bounty Hunter		Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!
family	552	543	20 YTV	March Break	March Break	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach
	557	541	39 FAM	Han. Montana	Sonny Chance	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Hollywood	Thinking	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Dr. 90210 (N)		The Biggest Loser (N)				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	Good Naked
	521	560	24 TLC	18 Kids-Count	17 Kids-Count	Toddlers & Tiaras (N)		17 Kids-Count	17 Kids-Count	18 Kids-Count	17 Kids-Count	Toddler-Tiara
	603	561	25 FOOD	The F Word		Good Eats	Good Eats	Iron Chef America		Challenge		The F Word
	615	520	26 A&E	The First 48 (HDTV)		The First 48 Cabdriver.		Manhunters	Manhunters	The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		Mutant X		Testees	Trailer Park	The L Word
	601	562	33 SLICE	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633	34 ENC2	*Personal Best*	*Mystery of the Million Dollar Hockey Puck*			*Without Limits* ★★★ (1998, Biography) Billy Crudup.				*Chariots*
	520	505	35 DISC	Destroyed	Time Warp (N)	Combat School (N)		Daily Planet		Destroyed	Time Warp	Combat School
	620	523	36 BRAVO	Celtic Tenors Live in Concert Irish trio.			Irish Music	Law & Order "Seer"		Without a Trace		*Just a Little*
	294	650	40 WPCH	(6) *Star Trek: Insurrection*		Fresh Prince	Seinfeld	Family Guy	Family Guy	*Star Trek: Insurrection* ★★ (1998)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black
	-	539	42 TCM	(6) *The Quiet Man*		(8:15) *Young Cassidy* ★★★ (1965, Biography)				(10:15) *Shake Hands With the Devil*		
	628	584	43 SPIKE	Ultimate Knockouts 4		DEA "Drug Dealing Deli" (N)		Real Vice	Real Vice	CSI: NY "A Man a Mile"		Disorderly
	522	516	45 HIST	Crime Stories		NCIS "See No Evil"		Sandhogs		Crime Stories		NCIS
	627	528	46 SPACE	Torchwood "Sleeper"		(8:05) Destination Truth (N)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) *The Man From Snowy River* (1982)				*Quigley Down Under* ★★ (1990, Western) Tom Selleck, Alan Rickman.				*Rudy*
	619	525	49 TROP	What Happen?	What Happen?	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	Missing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy		Missing
	269	350	93 APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed		Party of Five		Gene Simmons
	570	580	101 MM	Paris Hilton's British Friend		Degrassi: TNG	Instant Star	The Shift		Redemption	Redemption	Technical Diff.
	581	566	102 MTV	From G's to Gents		From G's to Gents		MTV Live	After	Fantasy Fact.	Nitro Circus	G's to Gents

critics'corner

Law & Order: Special Victims Unit
An investigation by Detectives Benson and Stabler into three murders leads them to a strip club owned by former Rockette Birdie Sulloway. Birdie and her nephew, Chet, try to help with the case, but the detectives soon discover a vigilante with a violent past in the new episode "Ballerina." 8 PM on CFCN; 11 PM on KHQ

NCIS
Not all the sparring is in the ring as NCIS Director Leon Vance "borrows" Gibbs' team for an investigation of his own into the murder of a boxer who was a friend, prompting Gibbs to dig for more information on Vance's past. Paula Newsome and Obba Babatunde guest star in the new episode "Knockout". 9 PM on CICT, KREM

The Mentalist
Patrick usually relies on his uncanny powers of observation to help crack a case, but after he loses his sight in an explosion, he is forced to rely on his other senses to help him solve the murder of a financial adviser. Gregory Itzin guest stars in the new episode "Bloodshot." Robin Tunney, Tim Kang and Owain Yeoman also star. 10 PM on KREM

Hurley's marriage at risk?
Liz Hurley's marriage is under strain, femalefirst.co.uk reports. The model-and-actress' husband Arun Nayar — whom she wed two years ago — is reportedly frustrated with her refusal to compromise on any joint decisions. METRO NEWS SERVICES

Celebrity Buzz

Spellings wage book battle

PEOPLE Tori Spelling and her mother, Candy Spelling, are reportedly taking their feuding to the publishing world.

A source tells the New York Post that St. Martin's Press moved the release of Candy's Stories from Candyland book up from April 14 to March 31, after hearing the publication date for Tori's book was moved to April 14.

METRO NEWS SERVICES

Drew, Justin play tonsil hockey?

RELATIONSHIP Drew Barrymore and her on-again, off-again beau, Justin Long, were spotted playing tonsil hockey over the weekend at Hollywood hotspot Bar Marmont, according to Page Six, before leaving together at 11.

METRO NEWS SERVICES

Britney on short leash

PEOPLE Britney Spears has been ordered to read the Bible for an hour a day, femalefirst.co.uk reports.

Her father Jamie has issued the star with a string of rules to ensure she doesn't go off the rails on her tour.

A source said: "Jamie is determined nothing can go wrong with Britney's comeback. He's making sure she reads the Bible for at least an hour during her quiet time before she goes on stage and has banned her from using the Internet. He is even monitoring what she eats by insisting on none of her beloved junk food on the rider.

"He's stopping her from leaving her hotel unless accompanied by a security guard and even though she gets on much better with her ex-husband, Kevin Federline, she isn't allowed to speak to him without Jamie or her manager there."

Despite Jamie's strict orders, it seems his daughter has already found a way to flout his rules.

Fans at her show in New York last week reported that the 27-year-old star had a roll of fat hanging over her skimpy belly-dancer costume.

METRO NEWS SERVICES

Jen the next Bond girl?

CAREER Jennifer Aniston is being considered for a role in the next James Bond film, femalefirst.co.uk reports.

The 40-year-old actress — who recently expressed an interest in appearing in the British spy film franchise — is set to be offered a screen test for the follow-up to Quantum of Solace.

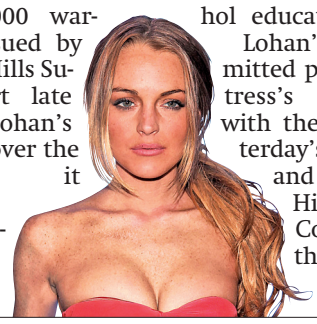
A source at EON, the production company that makes the Bond films, said: "Jennifer has all the qualities we are looking for in a Bond girl. She has to be beautiful but she also needs to have brains."

METRO NEWS SERVICES

Lindsay off the hook

LEGAL An arrest warrant for actress Lindsay Lohan was quashed Monday after a Beverly Hills judge ruled she had not violated her probation for a 2007 drunken driving conviction.

The $50,000 warrant was issued by the Beverly Hills Superior Court late Friday but Lohan's lawyer said over the weekend it stemmed from a misunderstanding.



Lohan, 22, spent 84 minutes behind bars in November 2007 for a drunken driving and cocaine possession conviction after two arrests earlier that year.

The actress was also ordered to enroll in an alcohol education program.

Lohan's lawyer submitted proof of the actress's compliance with the order at yesterday's brief hearing and the Beverly Hills Superior Court quashed the arrest warrant. REUTERS

Hot pants land GaGa in hot water

PEOPLE Lady GaGa is in trouble with police over her skimpy outfits, femalefirst.co.uk reports.

The singer keeps getting stopped by officers who believe her flesh-flashing clothes could offend members of the public.

She was reportedly stopped in Chicago while she was wearing a pair of tiny hotpants.

She said: "It's not that I don't like pants, I just choose not to wear them some days. I think no-pants is sexy."

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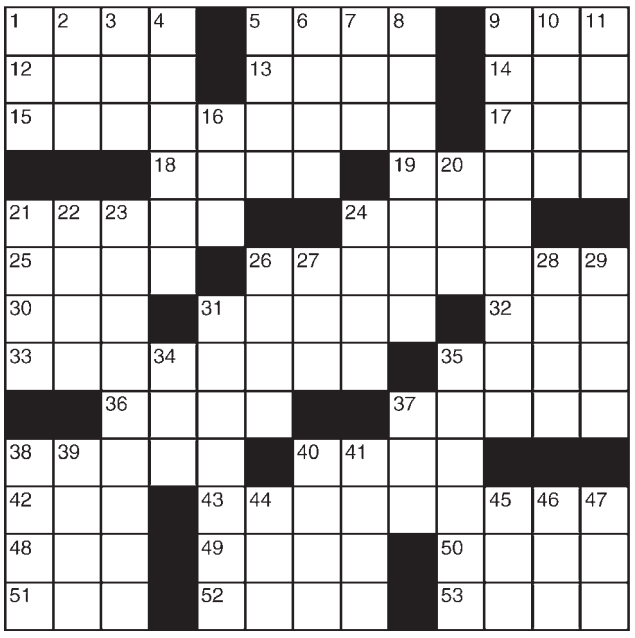

Crossword across

1 River through Kazakhstan
5 Early birds?
9 Turf
12 Creche trio
13 Ship-building wood
14 Before
15 Without flexibility
17 Moving truck
18 Lingerie items
19 Fisher or Richardson
21 Intolerant one
24 "Death in Venice" author
25 Responsibility
26 Appeased
30 Schuss
31 Neaten eyebrows
32 Id partner
33 Group of symptoms
35 Slender
36 Ogled
37 Diver's worry
38 Flood protection
40 Hearty drink
42 Rage
43 Niihau nut
48 Evergreen variety
49 Blueprint
50 Ripped
51 Supplement, with "out"
52 Have an inclination
53 Actor McGregor

Crossword down

1 Actress Thurman
2 "Awesome, dude!"
3 Khan title
4 Bellies up to the bar?
5 Sicilian spouter
6 Obtains
7 Cowgirl, maybe
8 Seize an airplane
9 Girls' magazine
10 Exam format
11 Say it ain't so
16 Illustrations
20 — budget
21 Employer
22 Black
23 Camelot female
24 Spiked club
26 Trudge
27 Abner's old radio partner
28 "Zounds!"
29 Dresses in
31 Bump a TV episode
34 Colouring agent
35 Emissary
37 Auction action
38 Biography
39 Estrada or Satie
40 Read cursorily
41 Magic stick
44 Pub order
45 Tend the lawn
46 A Gershwin brother
47 Massachusetts cape

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		8	6	2		4		
		4						5
9			3			1	6	
	7	3		1	9			
			8	5		3	4	
	3	2			8			1
5						2		
		7		9	3	5		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	W	E	S	■	C	U	B	■	D	U	S	T
S	E	A	H	O	R	S	E	■	O	S	L	O
P	E	R	U	V	I	A	N	■	R	E	A	M
■	■	■	T	U	B	■	S	L	E	D	G	E
A	L	B	U	M	■	S	H	A	M	■	■	■
C	O	O	P	■	S	H	A	V	I	A	N	■
E	L	L	■	A	L	O	H	A	■	L	E	E
■	L	A	T	V	I	A	N	■	C	A	S	K
■	■	■	S	E	C	T	■	T	A	S	T	E
A	M	P	E	R	E	■	F	O	R	■	■	■
R	I	O	T	■	D	I	L	U	V	I	A	N
I	L	L	S	■	U	N	I	T	E	D	L	Y
A	L	O	E	■	P	A	P	■	D	A	L	E

3	4	8	6	7	2	1	9	5
5	2	9	3	4	1	7	8	6
1	7	6	8	9	5	4	2	3
8	9	5	4	2	3	6	1	7
7	6	4	1	8	9	5	3	2
2	1	3	7	5	6	9	4	8
4	5	1	2	6	8	3	7	9
6	8	7	9	3	4	2	5	1
9	3	2	5	1	7	8	6	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Balsamic Baked Tomatoes and Parmasan Crumbs

INGREDIENTS:
4 large tomatoes
1/2 tsp (2 ml) salt
2 slices whole-wheat bread
3 tbsp (45 ml) parmesan cheese
1 tsp (5 ml) olive oil
1/3 cup (75 ml) balsamic vinegar
2 tbsp (25 ml) light brown sugar
2 tbsp (25 ml) water

METHOD:
1. Preheat the oven to 400°F (200°C). Core tomatoes and cut in half horizontally. Place tomatoes, cut-side up, in ceramic or glass baking dish large enough to hold them in a single layer. Sprinkle tomato halves with salt.
2. Place bread in food processor and pulse to fine crumbs. Combine crumbs, Parmesan and oil in small bowl. Sprinkle tomatoes with crumb mixture.
3. Bake, uncovered, until topping begins to brown and tomatoes are heated through, about 25 minutes.
4. Meanwhile, combine balsamic vinegar, brown sugar and water in small skillet. Bring to boil over high heat and cook until syrupy, about 3 minutes. Drizzle over baked tomatoes.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Don't give in to anyone's pleading. A brat pretends that all is well. You can trust a daring truth-teller.

TAURUS ♉
APRIL 21-MAY 21
Grab a new opportunity as soon as it's presented. Open the door to a happy-go-lucky person. Get the most for your money when shopping.

GEMINI ♊
MAY 22-JUNE 21
Avoid self-indulgence or suffer the consequences. Tell someone that words can be weapons. Excitement happens in a relationship.

CANCER ♋
JUNE 22-JULY 22
Nothing will happen regarding a decision. Poor digestion interferes with sleep. A trusted friend decides to let work wait.

LEO ♌
JULY 23-AUG 23
A hard-hearted employer just won't get it. A swindler makes demands about money. A lazy girl's careless words lead to grief.

VIRGO ♍
AUG 24-SEPT 22
A hard-worker has a chance to improve circumstances. Friends are accused of not listening. Conquest of weakness comes after delusion.

LIBRA ♎
SEPT 23-OCT 23
A defender won't admit hearing evidence. The world still turns despite outrageous melodrama. A woman's indifference rids the area of impolite actions.

SCORPIO ♏
OCT 24-NOV 22
An energetic man grabs the reins of power. Serious entertainment won't appeal to you. Try to deter the mastermind of a crisis.

SAGITTARIUS ♐
NOV 23-DEC 21
A refusal to socialize seems scandalous. You'll get busy at a crucial time. There'll be joy when a decision is made.

CAPRICORN ♑
DEC 22-JAN 20
A happy couple gossips about their intentions. Someone criticizes your dismissal of a suggestion. Little is accomplished if you rant and rave.

AQUARIUS ♒
JAN 21-FEB 18
It might be an exhilarating day. Unleash the force of your visionary aptitude. Fascinate someone with your astonishing tales.

PISCES ♓
FEB 19-MARCH 20
You'll be rewarded for your skills. Brighten a dull day with a fun companion. Sort out the turmoil after an embarrassing spat.

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Dell recommends Windows Vista® Home Premium.

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TUE 17

DELL™ S2409W 24" 16:9 FHD WIDESCREEN FLAT PANEL LCD MONITOR WITH HDMI

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WED 18

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- 8GB Memory*; 1TB* Hard Drive
- 24" Full HD 1080p 16:9 Widescreen Flat Panel Monitor (S2409W)
- ATI Radeon® HD 3450 (256MB) Graphics Card* supporting HDMI
- 16-in-1 Media Card Reader
- Dual layer 16X DVD Burner*

RECOMMENDED UPGRADES:
- **Microsoft® Office Home and Student 2007** for **$159***
- Blu-ray Disc™ Combo Drive (Reads BD and Writes to DVD/CD)* for **$150***

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WEDNESDAY'S FEATURED DEAL

THU 19

NEW DELL INSPIRON™ 1545 LAPTOP

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- **Genuine Windows Vista® Home Premium, SP1**
- 3GB Memory*, 250GB* Hard Drive
- Dual-Layer 8X DVD Burner*
- Dell Wireless-G Mini-Card

RECOMMENDED UPGRADE:
- **Microsoft® Office Home and Student 2007** for **$159***

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